



## School of Health and Human Services

### *HLTH 110-Health in Today's World*

*Fall 2011*

### COURSE OUTLINE

The Approved Course Description is available on the web <http://camosun.ca/learn/calendar/current/web>

† Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records.

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<b>INSTRUCTOR:</b>	Sheryl Haynes CDA, B.Ed., M.Ed.
<b>PHONE &amp; MAIL:</b>	250-370-3229 hayness@camosun.bc.ca
<b>OFFICE HOURS</b>	Room WT 221 (as posted or email/phone to organize time)
<b>CLASS TIME:</b>	Tuesdays 1:30pm-4:20pm September 6-December 6, 2011
<b>REQUIRED TEXTS:</b>	Donatelle, R. J. & Thompson, A. M. (2011). <i>Health: The Basics</i> (5 <sup>th</sup> Canadian ed.). Toronto, ON: Pearson Canada Inc.
	<i>Health 110 Course pack</i>

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### Course Description

This one semester course offers the student information and practical assistance relating to health maintenance and promotion. Health/wellness is viewed as an interaction between physical, emotional, social, mental, spiritual, occupational and environmental dimensions, with choices in one dimension affecting all of the others. (T)

### Learning Outcomes

Upon successful completion of this course, the learner will be able to:

1. Demonstrate an awareness of all dimensions of health as they affect, and are affected by, lifestyle choices.
2. Identify and assess factors that influence health, based on a sound body of valid and current information.
3. Use an effective planning process to develop an action plan to change behaviour.
4. Demonstrate analytical and critical thinking through implementation of a health-related lifestyle change.

### Course Content

In this course, you will be introduced to accurate, up-to-date information about topics and issues related to health. We will explore topics such as physical activity, nutrition, weight management, mind-body, stress management, substance use, sexually transmitted infections and birth control. Health/wellness is viewed as an interaction between physical, emotional, social, mental, spiritual, occupational and environmental dimensions, with choices in one dimension affecting all of the others. You will be encouraged to identify choices that contribute to health and those which do not. Guidelines and tools for changing behaviour will be discussed and you will have the opportunity to monitor, understand, and see how you can have an effect on the choices that influence your health. This course takes a practical, personal approach to health promotion.

## Basis of Student Assessment (Weighting)

### Assignments & Exams:

Health Log & Nutrition Analysis	10%
Assignment # 1	20%
Assignment # 2	20%
Exam # 1	20%
Exam # 2	15%
Homework	15%
<b>Total</b>	<b>100%</b>

- Scheduled assignments and homework are due at the beginning of class. Late assignments and homework will not be accepted without a Dr's or counselor's note.
- In exceptional circumstances, students may arrange with the instructor for an extension of an assignment/homework **before** the due date. A Dr's or counselor's note may be required.
- Exams will not be rescheduled without a Dr's or counselor's note.
- Students are expected to use respectful behavior and respectful communication.

### GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

#### Standard Grading System (GPA) Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; as a course with a "D" grade cannot be used as a prerequisite.	1
0-49	F	Minimum level has not been achieved.	0

### Learning Supports & Services for Students

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

### Student Conduct Policy

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section. <http://www.camosun.bc.ca/policies/E-2.5.pdf>

### Academic Integrity

The School of HHS is committed to competence, professionalism and integrity in our students and developing their core skills to succeed throughout their academic programs and in their careers. The purpose of these guidelines is to provide clear expectations of appropriate academic conduct and to establish processes for discipline in appropriate circumstances. It is the student's responsibility to become familiar with the content and the consequences of academic dishonesty.

Camosun College's Plagiarism: Definition and Consequences Policy (E-2.5.1)

<http://camosun.ca/about/policies/education-academic/e-2-student-services-&-support/e-2.5.1.pdf>